

4-H In King County

4-H in King County is a mostly volunteer driven youth development education program of Washington State University Extension (a part of the land grant university system), which is conducted in partnership with the U.S. Department of Agriculture, and King County government. 4-H has program activities in urban, suburban, and rural communities across King County. 4-H reaches over 7,000 youth in King County, and has over 700 volunteers serving as adult role models. 4-H serves a broad range of youth and adults with expanded program focus using a variety of ways to deliver its effective “learn by doing” approach.

All 4-H youth development emphasizes three types of basic life skills: competency, coping, and contributory. Competency skills are: learning and using accepted practices for mental, physical, emotional, and social health; exploring and evaluating career and job opportunities; acquiring subject matter skills and knowledge in science or art; and developing and practicing responsible skills related to the environment. Examples of coping skills are: acquiring a positive self-concept; learning to respect and get along with people; and developing productive use of leisure time. Contributory skills include those where youths: learn and practice leadership skills and fulfill leadership roles; participate in community affairs; and develop as individuals and leaders in the 4-H program.

4-H Mission

4-H youth development education creates supportive environments for all youth and adults to reach their fullest potential. In support of this mission we:

- provide formal & non-formal community-focused experiential learning;
- develop skills that benefit youth throughout life;
- foster leadership and volunteerism in youth and adults;
- build internal and external partnerships for programming and funding;
- strengthen families and communities; and
- use research based knowledge and the land grant university system.

Achievement of this mission will result in capable, competent, and caring citizens.

Motto:

“To make the best better”

4-H Pledge

“I pledge

My head to clearer thinking

My heart to greater loyalty

My hands to larger service and My health to
better living

For my club, my community, my country,
and my world”



4-H Hedgehog display

Photo 4-H staff

June 2004

The 4-Hs stand for

Head
thinking critically
solving problems



Heart
respecting self, others,
and the environment
communicating



Hands
preparing for a career
serving others



Health
choosing healthy lifestyles
managing change and challenge



4-H Creative Consumer Fashion exhibit

Photo 4-H Staff

*For more information about the King County 4-H Program program, please visit our website at
<http://www.metrokc.gov/wsuc-ce/> or call 206-205-3177*

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